

PAEDIATRIC NURSING PRACTICE MANUAL
SECTION 3

GENERAL CARE OF THE SICK CHILD

3.5 BLADDER TREATMENTS

3.5.1 INSERTION OF AN INTERMITTENT URINARY CATHETER USING A CLEAN TECHNIQUE (FOR PARENTS AND THE CHILD)

Aims

1. To relieve bladder distension.
2. To maintain bladder tone.
3. To remove residual urine.
4. To remain dry.

Key points

1. When a patient, routinely catheterised at home (eg. a patient with spina bifida) is admitted to hospital, the catheterisation is performed as it would be at home, ie. a clean procedure.¹
2. If routinely used at home, a glass rod or metal catheter may be used to catheterise female patients,
3. The size and type of catheter will have already been determined for the patient.

Equipment

Clean gloves
Swabbing tray
Swabbing solution (what is used at home or catheter preparation solution)
Clean catheter
Water based lubricant
Kidney dish
Incontinence sheet

| PROCEDURE | ADDITIONAL INFORMATION |
|--|---|
| Place an incontinence sheet under the buttocks. | If soiling has occurred, wash the genitalia thoroughly with soap and water. |
| Place the catheter in the kidney dish and lubricate. | |
| Don clean gloves. | |
| Female: Hold the labia firmly apart. Swab the urethral meatus and inside the labia minora until clean. | Use each swab once only. |

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| PROCEDURE | ADDITIONAL INFORMATION |
|---|---|
| <p>Male: Retract the foreskin. Holding the penis at a 90° angle, swab the urethral meatus.</p> | Use each swab once only. |
| While maintaining separation of the labia or retraction of the foreskin, insert catheter gently until the urine flows. | |
| When the flow decreases, apply gentle pressure to the lower abdomen to express residual urine. | Urine left in the bladder following catheterisation provides a potential source of infection. |
| Remove the catheter and make the child comfortable. | |
| Record the time of catheterisation and the volume obtained. | |
| <p>Catheter care (in hospital) Use (single use only) Nelaton catheters.</p> | Discard after use. |
| <p>Catheter care (at home) After each use, rinse the catheter thoroughly, dry and store in a clean, dry covered container. Each evening wash the catheter thoroughly in detergent and warm water. Rinse well and store in a clean dry covered container.</p> | Disposable catheters are used for one week then discarded. Metal and glass catheters are sterilised each week. |

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